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## Heathcote Notes

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# THE GREEN

FOR HOMESTEADERS, ON-TO-THE-LANDERS,  
AND DO-IT-YOURSELFERS



# REVOLUTION

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## Florida Man Separates Needs From Wants, and Drops Out

John W. Coursell, Rt. 2, Basswood Estates, Okeechobee, Fla., in one respect is like everyone: he sent in Form 1040 in April. But his letter to the Internal Revenue Service, reproduced below, shows up several significant differences in this citizen:

Gentlemen:

As per the law, I am inclosing herewith a Form 1040A.

You will note that I have listed less than \$400 as my total income for calendar 1966. Actually, I may be high in this estimate. The sums were for casual employment as a truck driver and general assistant to various transient, or migratory, produce pickers with whom I came in contact. They keep few records, and pay in cash, and I have come to do the same.

For your own information, since there is an obvious discrepancy between my income for 1966 as opposed to, say, 1964, I, as a disappointed intellectual have taken Dr. Timothy Leary's advice, and I have dropped out—of this contemporary, and contemptible, American Society. As my records will show, I formerly ran on the treadmill with the rest of the lemmings. For three years, up to November 1965, I had been employed as a driving instructor with the Safeway Driving School, a subsidiary of the Chicago Motor Club. I used to scurry off with the rest of the job-slaves, with a fresh white shirt, shoes shined, pants (excuse me, trousers) pressed, freshly showered and deodorized, shaved, teeth brushed, and my mouth (and brain) washed. In short, I was perfectly normal.

### Why Support A Car?

And then one day I asked myself, "What the hell am I doing all this for?" The answer was "Money." And why do I need all this money? Well, for one thing, so that I can afford a late model car. And I need the late model car for the job, since I taught driving with my own car. And I

need the job, so as to have the money to buy the late model car. Which brought me back to where I started from — a real closed-circuit arrangement. I then started to question other facets of my life, and came to the conclusion that most of them were Madison Avenue crap, foisted onto me by the mass communications media. In short, I didn't need them; they were simply engendered wants. And there is a vast difference. Along about that same time I came in contact with the philosophy of Zen Buddhism, which turned me further away from the Great American Way, extolled by 4th of July orators. (I found that I didn't need them, either!)

Accordingly, I sold much of my accumulated junk (hi-fi's, cameras, etc), left Suburbia, and wandered down to here, where Life is much simpler, and therefore, more pleasant. I have let my beard grow, which saves both time and money, and I go around in old, but clean, work clothing and Jesus sandals, that only cost me \$1.39. My biggest financial outlay is for magazines and books, and they inform me quite fully about the butchery the U. S. government is perpetrating in Vietnam, and this disgusts me. Since we in America are trapped in a vicious social machine, much as the Germans were under the Nazis, there is little that I can do personally about it, except to refuse to help finance it. When 80% of the Federal income goes to "Defense," it's time to drop out. I have.

—John W. Coursell

[Note: Some readers will remember the hefty wheelbarrow loads of concrete which School of Living member Jack Coursell handled at Heathcote Center in August 1966, and the reel of film he took of the activities at the annual workshop then. See also his letter to the editor in this issue.—MJL]

## Peace Seminar at Heathcote Was Challenging But Not Easy

A seminar on the economics of peace is now history in the School of Living. After years of writing and publishing on this crucial area, central to today's overall dilemma, some of us (especially your editor) have longed for fact-to-face probing of what free (or freer) access to land and credit would do in achieving peace, as against the governmental methods so generally advocated and in use today.

Heathcote School of Living Center at Freeland, Md., now functioning though only partially renovated, provided space and opportunity for some 40 adults to meet and consider this subject May 27-28. They heard and discussed the findings of several who have given life-time study to dealing with this area in voluntary ways.

### Peaceful Dealing with Land

Those who were familiar with proposed changes in land tenure generally favored governmental collection of land-rent or economic rent. Advocacy of a totally free use of land was considered too extreme, such a program too difficult and visionary. Louis Potter called for the greater freedom that would follow teaching everyone the ethics of claiming and using only the land necessary to his livelihood, with the

admission that use of any additional land would be thievery. Even the spoken idea challenged our deeply lodged habits (bringing rejection and disturbed feelings on the part of some).

We heard a challenging paper by Griscom Morgan, of Community Service and the Vale Community, Yellow Springs, O. This reported on community holding of land and on a land trust coming into existence (through which many communities can pool land). He also presented the history of a Jewish trust fund which has developed an extensive plan of holding land in common by various types of communities (some cooperative, some communal and some with private use of goods other than land).

### Peaceful Dealing with Money and Credit

Wendal Bull, of Celo Community, in the absence of Herbert Roseman who was ill, showed how the dollar does not permit an ethical exchange of the labor deposited in products; rather that it permits an exploitive exchange. He suggested a new medium, certificates that exchange labor for labor. Some persons also found this difficult to grasp.

Bob Swann reported on the (continued on page 2)

## Mother and Daughters Achieve A Home in May Valley Community



By Louise Goshko  
10269 147th Ave., S.E.  
Renton, Wash.

In August of 1960, my husband, Lewis Goshko, and I, with two daughters (9 and 11), moved from the East coast to May Valley Co-op Community.\* A month later, Lewie was killed in an accident at work. Just the night before we had signed papers making us owners of an older home here. But because I was not then sure of plans, I was permitted to change to a renter.

Two and a half years later I was notified that the house was up for sale. Because I was sure I could get a house more to my liking for the same money, I purchased a lot and began efforts to secure a loan, draw plans and seek a builder. I paid only \$1,000 for my 91' x 175' lot because our co-op makes no money on land. (The price is now \$1,300, because of the taxes on the unused lots and the 20 wooded acres, which we all own together.)

### Getting A Loan

Lewis left no material assets but we qualified for Social Security and Workmen's Compensation for myself and the girls, until each one is 18 or going to college. A chronic illness has incapacitated me for all but minimum work, so my chances of getting a loan were very slim. I made the rounds of banks and mortgage companies. The closest I came to an affirmative answer was from a banker who showed me house plans he'd just approved and said, "We might consider a loan if you were planning a more re-salable house, like this one." It was the standard modern abode called a ranch house.

\*May Valley is the community described and sketched (under another name) in the book, *Go Ahead and Live!* It consists of 20 acres of woods for community recreational use (which will remain uncut) and 19 lots (eight of which have homes on them). Some of the families are interracial. The community is located about 15 miles from the heart of Seattle, 5 miles from Renton, Wash. Inquiries are welcome.

But my girls and I were set on our plans. While waiting, I built a scale model with a set of plastic blocks, which helped me plan and make changes.

Eventually I learned of the Farm and Home Administration. They granted me a loan, on three requirements: the borrower must own no other property; land must be outside city limits; one must prove he'd been unable to get a loan elsewhere.

### Attractive Cottage

Our home is 25' x 25', of cedar pre-cut sides, cedar shake roof, hardwood floors and birch paneling inside. One-half of the ground floor is our living and dining area combined, with open stairway to second floor. The other half has a downstairs bedroom and closet, and a kitchen using one-fourth and bath and closet another fourth. Upstairs are two bedrooms, each with closet, storage space under the roof, and an outside balcony.

I had decided that oil heat would be cheapest, but our contractor urged electric baseboard heaters. I said, "OK, if you'll insulate per instructions from our power company." This required about \$200 extra, for insulation in walls and under floor. Cost of heat and light is about \$200 a year. Of course teenagers shower and wash-dry clothes daily. We could save considerable if we used our Franklin stove more than we do.

### Furnishings

We have furnished our cottage for about \$100. We brought with us one \$70 couch, one chest of drawers, a coffee table and two end tables made by a friend. We have since spent \$60 for 1 rocker, 1 stool, 2 small tables, 2 dressers and 1 desk, from Goodwill. Our dining table and benches were \$6.95, knocked down. The girls' beds are built-in, and mine is a board set on a Sears movable frame. Three mattresses from Salvation Army were about \$10 each. I made our own braided rugs, and when able I make them for sale. People are often surprised at the actual size of our house. Because of its simple, sparse furnishings, it seems much larger.

How I would like to add, "and



HOME of Mrs. Louise Goshko and two daughters, near Seattle, Wash. After much difficulty, she obtained a loan to build it. She says: "A \$10,000 mortgage; I'd never borrowed more than \$10 in my lifetime! But it is better than renting. I pay \$45 a month on a 33-year mortgage. Of course I'll pay more in interest than the principal."

we grow most of our own vegetables." We do what we can toward this, but I have been physically unable to do this completely. We do sprout alfalfa seeds, bake bread (both girls can bake a perfect loaf), and buy much natural food in bulk from a co-op grocery housed in the basement of one of the homes in our community.

## Heathcote Notes

Edith and Jim Gosnell and four young children have been frequent, willing workers at Heathcote workbees. Now they're tackling the "chicken house project" and making it their living quarters for the summer. In the Fall they plan to move to Canada, and will "train" during the summer for simple, outdoor living—sleeping bags, wood cook stove, carrying water, etc.

Making living quarters out of the chicken house has been on the "list" for some time. It is a sizable, fairly new building, nicely situated on the slope above the road. Its last occupant was Bill Anacker's pet coon, but since then it's been cleaned and hosed by four venerable workers (Phil Smith, Cathryn Ellwood, Mildred Loomis and Rosetta Schumann) whose combined age totals at least 280! We couldn't turn it over to nicer people than the Gosnells, and we wish them a happy summer.

### Homesteaders for Heathcote

A. P. Thompson, Golden Acres Orchard, Front Royal, Va., has an urgent feeling about his and other homesteads. He writes, "If ever there was a time when the School of Living is needed for man's survival, it is now. Increased taxation, inflation, growing bureaucracy have produced a Frankenstein government, and loss of freedom never before seen. The best answer for any family is a small homestead. That's why I've been a follower of Borsodi so many years, why I'm so persistent in getting our own homestead completed, and anxious to see others get started.

"I suggested to the School of Living trustees that they devise (continued on page 4)



## Will You Be, cont'd

could suggest a new question, inviting the formation of a new round robin, at any time.

It will be helpful to have a vital and articulate chairman for each group, of course. At present these are still to be found. Someone who feels a special concern for a particular question might well volunteer to be chairman. Or, after a round robin has been once around its circuit, it might be obvious that one particular person is best suited to be chairman.

### Questions for Round Robin

1. What provision for education of both adults and children (i.e., their growth and development) would you like to see in community?

2. How do you think members of a community should earn their livings devoid of exploitive practices?

3. How would you face the problem of disagreements among members of a community?

4. What kind of human interaction do you want in daily living, and what kind of building(s) or living arrangements will best facilitate this?

5. What kind of religious expression or content do you want in community?

6. What ways of living and doing can a woman find in community that will help her express her nature more meaningfully than today's general pattern?

7. What kind of sex expression would best contribute to a good community for you?

8. What steps can you take toward community right in your present situation?

### North of the Mississippi—

## Random Thoughts and Plans From Our Homestead Base

By Ferdi Knoess  
Pennington, Minn.

We're very fortunate here to get practically all the mulch and manure we can use. Several weeks ago I helped a neighbor clean out his sheep shed and in return he brought us four large wagon loads of that precious stuff. As was the case last spring, I'm hauling spoiled hay home by the truckload. My guess is that it'll come to around 200 bales. Good quality alfalfa hay, too. It'll come in handy, especially since we've expanded the garden area, put in additional perennials and are trying to rescue existing berry bushes.

\* \* \*

Ever try putting together one of those unassembled beehives ordered through the mail? It's a lot of fun 'cause there are so many different and fragile parts. I told Rebecca it reminded me of the inside of a piano. Anyway, beekeeping is getting a try by us. Two hives should supply all the sweetening we need.

A man living two miles from us does very well with bees. He has over 40 hives and has great demand for the high quality honey produced by his swarms. One reason being that he doesn't dilute his honey, as is a wide practice among mass commercial producers. You see, in Minnesota (perhaps nationwide — it prob-

## Heathcote, cont'd

a plan to help young couples get land on the installment plan. Applicants could be screened by a committee to determine their fitness for homesteading (those who can handle the realities and vicissitudes of such a life).

"I enclose two clippings which show that the Wall Street Journal and Washington Post think conditions are serious. All reasons why it is so very urgent and important that we increasingly get our message known to the world."

An application blank for anyone interested in homesteading at Heathcote is available from Heathcote Committee, Rt. 1, Box 129, Freeland, Md.

### Your Part in the Round Robin

As a way to get the round robin started, will you send a statement of your own answer to the question which most concerns you to me as the general round robin chairman (Patricia Herron, c/o Heathcote Center, Rt. 1, Box 129, Freeland, Md.), by June 30. I will make out an address list for each group and mail the statements to the first one on each list.

As long as each round robin member is willing to pay the postage to send the letter on, there seems no need to limit the length of any one statement. To keep the letters moving, we should probably make the rule that you must send yours on within a week of its receipt.

We urgently invite your participation. The idea of the round robins is not at all to minimize the value of emotional commitment. Nor is it to postpone any actual physical commitment by arid analysis, or getting lost in a forest of details. Let the round robins be an attempt to give emotional content. If we really believe in the values of community, if we feel deeply our heart's response, then we will want to begin to transform our longing into something practical, by asking ourselves searching questions about the forms which would best allow us to express it.

The questions submitted here may seem mundane or thorny. But they are meant to suggest above all what real men and women in an actual community situation have to face. They are deliberately "open-ended" to allow for many different shades of opinion and many different directions of thought.

ably varies) honey merchants are allowed a 17% moisture content in their product. And so, if a batch of honey has less than the allowed percentage of moisture, you've guessed it, in goes the H.O.

\* \* \*

Dairy goats and poultry are two other ventures we hope to begin in the near future. We finally got a lead on good Alpine and Toggenburg stock. Excellent grade or purebred animals are relatively inexpensive in our area. I've been offered a pure, registered Toggenburg doe, giving 5½ quarts, for \$25. I'm not up on goat prices but according to literature I have the buy would be a good one. I can pick up a couple young, pure Alpines for \$15, for the both of them.

A friend sent us USDA leaflet No. 538: A Dairy Goat, which seems to be a good synopsis on goat keeping. I would appreciate tips on goat management from veterans in this art. Goats remind me of an ancient Swiss children's ditty commonly heard in parts of Europe. My English version goes like this:

chilly Tilly was a goat  
chilly Tilly lost her coat  
chilly Tilly wants her billy  
will he . . . ?

\* \* \*

There are a couple of campaigns going on right now I'd like to briefly mention. One is an effort to preserve most of the existing redwood trees in northern California. These giants, some of them standing over 350 feet tall and 2,000 years old, are steadily decimated by the chain saws and bulldozers of the lumber barons. Tens of thousands of acres have already been hacked out with no thought but of the dollar.

Most other trees take two or three human generations to recoup, which is bad enough considering the wholesale despoilation caused by profiteering lumbermen. It'll take a millenium for redwoods to reach the size of the present growth. I've seen too much both in the States and in Canada not to be concerned about this matter. How about a boycott of redwood products?

## Homeopathic Medicine

By Royal D. Rood

### Part II

(continued from last month)

In experimenting on himself Hahnemann had also noticed that the medicine in Peruvian Bark, used to cure intermittent fever, when taken by himself in a number of repeated doses, brought him down with intermittent fever. He was not a man to ignore such a fact, but proceeded to repeat the experiment on himself several times, always with the same effect. Likewise, he discovered other medicines used to cure particular ailments, when taken in repeated doses, brought him down with these ailments. He recognized this at once as an important and fundamental principle, which eventually was to become the Latin motto of his practice, *similia similibus curantur* (let likes be cured by likes).

### The Law of Similars

This principle too had been noticed many centuries before by Hippocrates (B.C. 460?-377?). He is quoted in the September 1960 issue (p. 300) of *The Layman Speaks*, published by the American Foundation for Homeopathy, Inc., 2726 Quebec St., Washington, D.C.: "Illness is produced by similars and by the similar which the patient is made to take he is restored from sickness to health. Thus, what produces the painful urination which does not exist removes the painful urination which exists; a cough like painful urination, is produced and eliminated by the same causes — naturally purgative substances can produce constiveness."

The energy principles involved are familiar elsewhere. Children know that a small pebble dropped in a pond produces little waves. Different wave-lengths bring different radio and television programs. These are vibrations of what some people call ether, and unless the laws of resonance are obeyed it is not possible to correctly tune a radio or TV to the station sending out the program. Singers know that while holding down the pedal key on the piano and sounding with their voice a single note for a moment, they can cause the piano string to re-sound the same tone. It has absorbed from the vibrating air the energy from the singer's vocal chords.

### Laws of Resonance and Sickness

Homeopathic physicians rely upon these laws of resonance in dealing with vibratory energies that cause ailments in their patients. They know, as most of us do, that every cell in one's body has floating within its cytoplasm a nucleus comprised of a tangle of threads called chromosomes. Each chromosome is in fact merely a giant protein molecule made up of many thousands of atoms arranged in very particular patterns that are different for every individual, structured much like a coil spring commonly used to hold a screen door shut. They also know that of the many thousands of atoms comprising the chromosomes, no two are ever in actual contact, one with the other. They are in constant vibration.

### Harmonious Vibrations in Health

One other thing they know; namely that every chromosome in one's body is built upon the exact pattern of an original chromo-

sone in the original cell from which one's body developed. Hence, these millions of chromosomes are vibrating in perfect harmony with each other—if a person is healthy. But if toxic matter is accumulating in one's body more rapidly than the organs of the body can eliminate it, so that such toxic matter begins to adhere to the patterns of the chromosomes, the result is a disharmonious vibration causing discomfort or disease.

Yet the amplitude of the vibration of the toxic groups can be increased to the elimination point. The swing of a child in the park can be increased on being pushed with proper timing, until the child would actually fall out of the swing. So by obedience to the laws of resonance the proper vibratory energy selected from some herb can be used to shake loose the toxic material from the chromosomes back into the blood stream where the body can get rid of it. This would end the discomfort of the patient.

### Symptom Picture of Patient

The skill of the physician is in obtaining from the patient a complete symptom picture of his discomfort, often requiring a considerable period for the conference. Then the physician can go to his books indexing the symptoms resulting from an herb when given in repeated doses to a healthy person, and there find the medicine which appears, by similarity of symptoms, to have the same frequency of vibration as the toxic group causing the discomfort of the patient. The use of that medicine prepared homeopathically will comply correctly with the laws of resonance.

### Success and Opposition

The London Board of Health, brought into existence by the First Public Health Act of England, required statistics respecting a cholera epidemic as it reached London, with a total of 54,000 fatalities. It reported 59.2% fatalities in cases treated by orthodox allopathic methods, and 16.4% fatalities for cases treated by homeopathic physicians.

Opposition to homeopathy increased. A book publisher (Baumgartner) asked a surgeon (a bitter opponent of Hahnemann), named Robbi, to write a book denouncing homeopathy and its founder. Robbi was too busy but assigned the project to one of his more brilliant students and assistants, Constantine Hering. Hering first decided to fully acquaint himself with the details of homeopathy. From this study he became one of the most famous and effective promoters of homeopathic medicine. Eventually he founded the Hahnemann Medical College of Philadelphia, and compiled a ten-volume encyclopedia of homeopathic materia medica.

### Side Effects

It is obvious to many that patent medicines do not meet the requirements of cure. They change the symptom picture of the patient and bring on many "side-effects" that force constant retirement of drugs displaced by new experiments. On the other hand, no homeopathic medicine has ever had to be retired. Recorded symptom pictures from repeated doses taken by volunteer provers (mostly physicians themselves) never change. They never produce side-effects.

### Homeopathic Understanding

Hahnemann insisted that his patients must take time to read and understand the principles involved. Without these they would be unable to recognize the difference between correct and incorrect treatment. To promote such understanding he not only wrote 166 large works and 120 pamphlets, but made a practice of supplying the medicine chests of his patients with a few of the more easily understood medicines. These they could use as home remedies and for acquiring a familiarity with homeopathic principles and a confidence in its methods.

Centuries have proven that none but the laymen themselves can or will preserve correct medicine from the pressures of commercial competition, and the

## Blind Spot

Blind Spot is a 28-page mimeographed report of Verne Thomas's personal recovery of health and eyesight through natural foods and supplements. It is a very cogent story, followed by a section of useful recipes, sources of supply, book list, comparison of cost vs. nutrients and description of necessary but unfamiliar foods.

Verne Thomas (Hancock, N. H.) is in her early 60s. She is a longtime reader of health journals, *The Green Revolution*, etc., and has had a summer residence for guests at her home. Two things surprise us in her account: (1) that she should become so ill, with a hole in her retina so that almost all vision was lost; and (2) the extent and degree of the supplementation needed to restore both sight and health. This latter is a reminder that many of us who "think we know" and who "think we are using good nutrition" are probably very remiss on both scores.

### Verne Thomas Diet

Here is the diet that restored her: fresh vegetables, fruits, whole grains, seeds and raw nuts, fresh meat, fish and poultry, plus these supplements from natural sources: 2 heaping T. nutritional yeast, 3 times daily; 1 heaping T. desiccated liver, 3 times daily; 1 T. lecithin granules; 1 heaping t. each of bonemeal and calcium lactate powder; 200 IU vitamin E daily; 2 T. fresh cod liver oil; 1 T. wheat germ oil daily; 1 T. blackstrap molasses daily; 2 T. wheat germ daily; 4 T. each of whole flaxseeds and sesame seeds freshly ground every day; 1 cup fresh bean or other sprouts; fresh fruit juices and water to make 2 quarts daily; 1 pint comfrey tea. And a baked potato and a glass of milk if desired.

In addition she followed instructions about daily exercise, breathing and elimination. After a few months she began taking an interest in living, skin cleared, varicose veins disappeared, hair darkened, memory improved, and after some months her weight normalized and eyesight was regained. When people ask about it, she says: "It was an inside job."—MJL

## Join, cont'd

family at Heathcote, are in charge, and invite all interested young people to attend.

Dorothy & Will Samuel, 2809 Southern, Baltimore, Md., are adult resource leaders in this youth seminar. Other young people will attend to report experiences in "creative change" in education, religion, college, work, military service, etc.

The costs are low: \$2 for registration and \$5 for meals and lodging. Bring bedding for camping or indoor sleeping.

### Annual Workshop Aug. 12-20

Every week new and exciting possibilities appear for the annual gathering of the School of Living tribe, with family camping and discussions on any and all levels: crafts, homesteading, "new states of mind," community, education, etc.

Dr. Charles Raebeck, chairman of the department of education at Adelphi University, will lead discussion on "Education Relevant to a Good Life" on Tuesday, Aug. 15. We plan to have A. P. Thompson back for a soil and earthworm demonstration, and sessions on personal concerns of many people. (See specific program to be announced next month.)

Send reservations for this workshop. \$2 per adult or \$3 for a family. Costs will be 25c per night for outdoor camping; 50c indoors. Meals \$2.50 per day for adults; \$1.50 for children.

worship of the dollar. In her biography of Hahnemann, Rosa Hobhouse suggests that his outlook appears to have been rooted in Proverbs XI:24, "There is that scattereth and increaseth yet more; and there is that withholdeth more than is meet, but it tendeth only to want."